Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity

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Abstract:

In this talk, Dr. Ross will explain the general principles and core elements of his Trauma Model Therapy (TMT). TMT was developed for the client with severe childhood trauma and complex comorbidity, but is suitable for a wide range of mental health problems and addictions. The core elements of the model are: the problem of attachment to the perpetrator; the locus of control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle. TMT involves a blend of cognitive, experiential, systems and psychodynamic ideas and techniques. Specific techniques and strategies will be illustrated through case examples and there will be time for questions and discussion.

Objectives:

1. To describe the general principles of Trauma Model Therapy.
2. To describe the core elements of Trauma Model Therapy: the problem of attachment to the perpetrator; the locus of control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle.
3. To illustrate treatment strategies through case examples.
4. To provide a forum for brief case consultation, questions and discussion.

References:
